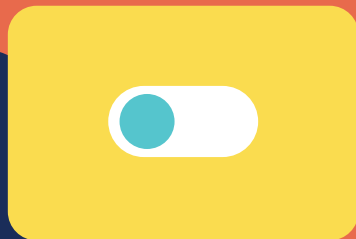


**GUIDE FOR
PARENTS,
CARERS AND
FAMILY
MEMBERS**

SHOW YOUR SCREEN WHO'S BOSS



SCREEN OFF
LIFE ON

Get up, get out, get happy

**SUPPORT THE
YOUNG PEOPLE
OF BRADFORD
WITH THEIR
SWAPS**

**BE A
ROLE
MODEL**

**SCREEN OFF
LIFE ON**

Get up, get out, get happy

**I WILL SWAP 30 MINUTES
OF SCREEN TIME FOR:**

Playing football with my friends

Walking my dog

**Playing basketball at the park
with my friends**

**Playing in the garden
with my family**

Going for a walk with my family

**Creating TikTok dances
with my friends**

Created by young people of Bradford

**Based upon feedback from 18 young people between the ages
of 9 and 13 between 6 December 2021 and 25 May 2022.**

**GET UP, GET OUT AND
GET HAPPY**

**BE
HEALTHIER
AND
HAPPIER!**

Why Screen Off, Life On?

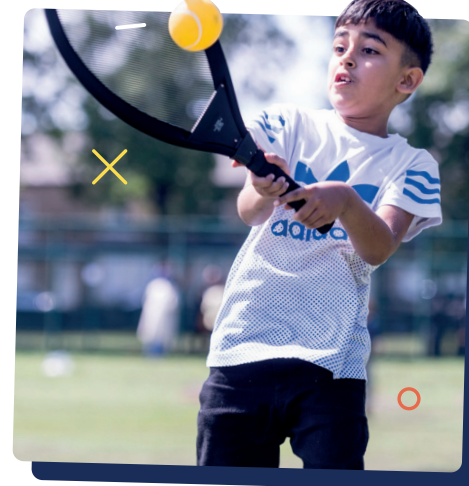
The Bradford community chatted with the JU:MP team and told us that spending time on their screens, like phones or tablets, can be great for **learning about new things** and **staying in touch** with family and friends.

They also told us that sometimes they spend so much time on their screens, that they lose time they would like to spend with others.

We wanted to help them to find more ways to swap some time on screen for other activities off screen, to move more and feel good because **moving more can make you happier, healthier and sleep better!**

So the JU:MP team have created this guide that includes:

- 3 simple things you can do as a family to help get a better balance on and off screen
- Things to know about screens - The good and not so good
- Why it's great to get outdoors and off your screen



- 10 tips for making a switch
- How to find out about local events and activities to move more and feel better!

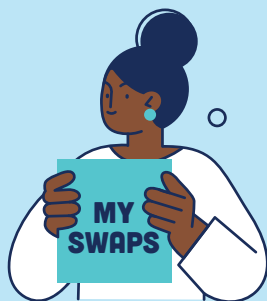
This is to help parents, carers and family members to:

- Swap some of your screen time to move more and feel good
- Use screens in a healthy way
- Find out more about free local outdoor play and sport activities - so that they have more time to move and play!

LET'S
MOVE
LET'S
PLAY!

BE SCREEN SMART

3 simple family things you can do to help get a better balance.



Use our **Screen Off, Life On** what can you swap plan to decide what activity swaps might work for you.

Step 1

Step 2

Use our **Find your Fun Activity Swapper** to find fun outdoor activities to play with friends or family!



Howzat!



Use our **What's On Finder** to swap some screen time for **FREE local sport and play** activities near you: whatson.joinusmoveplay.org

Step 3

Here's some things to know about screens...

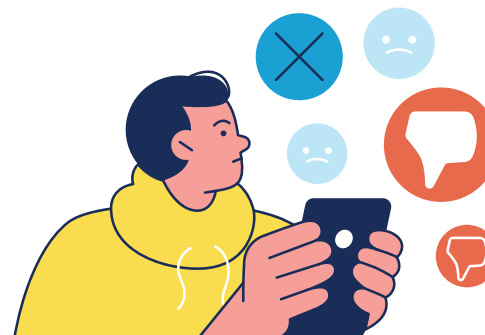
THE GOOD

- 1 They can be used for **active classes online**, like dance, boxing and other activities.
- 2 Screens can be used for **learning** about new things and **staying in touch** with family and friends.
- 3 Screens can help you to be **creative**. Did you know Bradford born artist David Hockney began drawing with the iPhone in 2008?



THE NOT SO GOOD

- 1 Too much time on screens is **replacing time for movement and play** that are both great for mental and physical health.
- 2 Too much screen time, like when it becomes addictive, is **linked to anxiety and depression**.
- 3 Children and parents are both concerned about **someone pretending to be the child's age online**.
- 4 Too much screen time is linked to **lack of motivation and poor focus**.
- 5 Too much screen time is linked to **sleep and eyesight problems**.
- 6 Too much screen time is **bad for our health** and is linked to being overweight and obese.



IT'S GREAT TO GET OUTDOORS

Bradford is a great place to be a young person! It has 44 parks from formal Victorian parks to amazing wild moorlands!

*Young people should always ask their parent/carer for permission before they set off. Remember to find out where they are going, who they are going with and when they expect to be back. For more information visit joinusmoveplay.org/besafe

LESS NETFLIX, MORE BMX TRICKS

- 1 Getting outdoors and off screens can help you and your family **move more and feel better.**
- 2 Going outdoors more will also build **resilience and independence**, develop skills for adult life and **be a lot of fun!**
- 3 Check your child can **cross the road safely** on their own and encourage them to go out with a **friend or sibling** - it's safer and more fun!
- 4 Your kids might want to **take a mobile phone with them** so they can get in touch with you.*



TIPS TO MAKE A SWITCH



FOR YOU



Try to make mealtimes **screen free.**



Use your Screen Off Life On **simple 3 week journal** to help your family feel better and move more!



Scan the QR code for simple instructions to help **limit screen time.**



Choose a reward such as a ball or kite to **encourage playing outdoors.**



Try to set a **good example** with your own screens. Children tend to follow your lead.

FOR YOUR KIDS



Going out? Make sure they go with a friend or family member if you can. **It's safer and more fun!**



Try your best to help them **avoid screens before bed.**



Help out! Ask if they can help set the table or take the bins out to keep busy.



Encourage them to have fun! They could put on music and dance or head down to the park for a walk and talk.



Do what is best for you and your family. **Be kind to yourself and do what works best!**

WIN

Go to joinusmoveplay.org/ScreenOffLifeOn to fill in a short survey and let us know how you've got on. You will be automatically entered into a prize draw to win a **Go Kart** or **£50 worth of shopping vouchers!**



JOIN US: MOVE.PLAY.

All information correct at time of printing. For more privacy information visit: joinusmoveplay.org/privacy-policy



MOVE AND
PLAY EVERYDAY
TO BE HAPPY,
HEALTHY AND
HAVE LOTS
OF FUN

BRING
BACK
PLAY!

JOIN OVER
7,200
FAMILY MEMBERS
IN BRADFORD WHO
ARE CHOOSING
TO MOVE AND
PLAY MORE

JU:MP is here to bring together families and communities in Bradford, to create a healthier and happier place to grow up in.

You can join our JU:MP family to receive your What's On guide that includes all FREE local events and activities near you.

whatson.joinusmoveplay.org

Meet other parents

Our JU:MP parents get involved with a variety of fun things. From taking part in focus groups and local campaigns, to joining local community groups and events (from walking groups to litter picking) - there's something for everyone to get involved with!

Join our local JU:MP Facebook group [whatson.joinusmoveplay.org](https://www.facebook.com/whatson.joinusmoveplay.org)

**SCREEN OFF
LIFE ON**

**JOINUSMOVEPLAY.ORG
/SCREENOFFLIFEON**

[f](#) [t](#) [i](#) #ScreenOffLifeOn

